



FRIDAY, APRIL 22, 2016

SPRING-FORD AREA HIGH SCHOOL

Registration: 5:30 p.m.
 Kids Fun Run: 6:15 p.m.
 5K Run/Walk: 6:30 p.m.

Cross Country Course
 350 South Lewis Road
 Royersford, PA 19468

The Spring-Ford Educational Foundation 5K benefits the Senior Impact Dinner. Beginning with the class of 2006, SFASD has honored individuals nominated by graduating seniors who have made an impact on their educational experience. A dinner is held for nominees and the seniors who nominated them to celebrate how each individual has impacted his/her life.

REGISTRATION FEES

REGISTRATION BY APRIL 6, 2016:

- \$18** - K-12 students participating in the 5K
- \$23** - adults registering for the 5K
- \$10** - kids fun run (t-shirt not included)

AFTER APRIL 6, 2016: (t-shirts not guaranteed)

- \$20** - K-12 students participating in the 5K
- \$28** - adults registering for the 5K
- \$11** - kids fun run (t-shirt not included)

Mail and pay to: **Spring-Ford Educational Foundation**
 857 South Lewis Road, Royersford, PA 19468
 Register online at www.pretzelcitysports.com

Awards will be given to the top three male and top three female runners.

The top three males and females in each age group will receive medals:
 Under 13 • 13-15 • 16-18 • 19-29
 30-39 • 40-49 • 50-59 • 60+
 Kids Fun Run participants receive a race bib and completion medal.

Email Lori Blackburn for more information: lblack@spring-ford.net

First Name: _____ Last Name: _____
 Address: _____ City, State: _____ Zip: _____
 Gender: M F Age on Race Day: _____ Birthday: / / Shirt Size: YM YL S M L XL XXL
 Phone: _____ email: _____

Waiver: I know that participating in a run/walk is a potentially hazardous activity. I declare that I am physically fit and able to participate in this 5 kilometer run/walk. I declare that I have no known medical conditions that would prevent me from participating. I understand that accidents, including fatalities, serious bodily injury and/or property damage, can occur during this event. I also understand that heart attack or stroke is a known risk for all participants. I further acknowledge that accidents can occur because of weather conditions, traffic, conditions on the path, or poor footing. Knowing all of these risks, I nevertheless agree to assume those risks and I agree to release all of the personas, agents, volunteers, organizations, or anyone else associated in any way with this event from any negligence or wrongful death claim, personal injury or property damage of any kind of nature what so ever arising out of or in the course of my participation in this event. By entering this race, I am granting permission to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. Code:RR

Signature: _____ Date: _____